

Benefits Newsletter

June 2021



For any Benefits content
questions, contact the SRNS
Service Center at 5-7772
or via email at the [SERVICE-
CENTER@srs.gov](mailto:SERVICE-CENTER@srs.gov).

June 2021 | Issue 0034



June

NOTES:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10 Prudential	11	12
13	14 Prudential	15 Benefits and You	16	17	18	19
20	21	22	23	24 Financial Engines®	25 Financial Engines®	26
27	28	29	30			



Health and Welfare

National Migraine Awareness Month

A migraine is a neurological condition that can cause multiple symptoms. It's frequently characterized by intense, debilitating headaches. Symptoms may include nausea, vomiting, difficulty speaking, numbness or tingling, and sensitivity to light and sound. Migraines often run in families and affect all ages.

The diagnosis of migraine headaches is determined based on clinical history, reported symptoms, and by ruling out other causes. The most common categories of migraine headache are those without aura (previously known as common migraines) and those with aura (previously known as classic migraines).

Migraines can begin in childhood or may not occur until early adulthood. Women are more likely than men to have migraines. Family history is one of the most common risk factors for having migraines.

Women are three times as likely to suffer from migraines than men.

Approximately 1 in 4 households include someone with migraines.

Migraines affect 36 million people in the United States.

Every 10 seconds, someone in the U.S. goes to the emergency room with a headache or migraine.

June 2021 | Issue 0034



Health and Welfare

BCBS Health Coaching - Migraines

Health coaching is a voluntary program for members diagnosed with certain health conditions. We take a personalized and tailored approach that helps you manage your condition and cope with everyday issues so you can meet your health goals. You'll have a personal coach to support, guide and motivate you to make healthy lifestyle changes at your own pace.

Your coach can:

- Help identify barriers to reaching and maintaining your health goals.
- Personalize your plan for better health.
- Help you find a physician if you don't have one.
- Help you get the most out of your health benefits.



Your decision to participate will not affect your health benefits in any way. If you decide that having a personal health coach is not for you, you can opt out of the program at any time by calling 855-838-5897. If you have a problem or complaint during your health coaching experience, you can call 855-838-5897 and ask to speak to the program manager. In an emergency, please contact your doctor or call 911.

The best thing for managing your migraines is to develop a good relationship with your health care team, which may include your primary care physician, a neurologist, a health coach and others. Keeping open communication with your health care team is important and helps you play an active role in your care. During your visit, questions for your health care team may include:

- Do you have any tips to help me identify my migraine triggers?
- Could any of my medications cause my migraines?
- Is there any chance my migraines could eventually go away? How?
- Are there any side effects of my medications? Is there anything I can do about them?
- Should I make any changes to my diet or lifestyle?
- When should I come back for a follow-up appointment?





Health and Welfare

Blue CareOnDemand



Don't Let Sickness Ruin Your Vacation

If you are traveling this summer, Blue CareOnDemandSM is a great solution for seeing a doctor when you are away from home. No matter where you are in the U.S., a doctor can diagnose your symptoms through the ease of a video visit and, if needed, call in a prescription to a nearby network pharmacy.

Licensed health care professionals can treat common health conditions like allergies, cold and flu symptoms, migraines, sinus problems, urinary tract infections, bronchitis, sunburns, pinkeye and more.

Register now using your BlueCross BlueShield of South Carolina member ID, so you can get the care you need when you need it. Don't have your ID card handy? Download the My Health Toolkit® mobile app, and sign into your account to easily access your digital ID card.

Once you have set up your profile, the doctor will only be a few clicks away, so you can get back to your vacation as soon as possible. Visit www.BlueCareOnDemandSC.com or download the Blue CareOnDemand mobile app from the App Store or Google Play.



Retirement Services



**Financial
Engines®**

Financial Engines Virtual Advisor Day

In just half an hour you could improve your retirement.

Advisors from Edelman Financial Engines will be available virtually to speak with you one-on-one about your financial goals and retirement concerns **Thursday, June. 24-Friday, June. 25, 8 a.m.-5 p.m.**

With the help of an Edelman Financial Engines advisor, you can:

- Better understand how to optimize the features of your retirement savings account plan
- Get an honest assessment of your progress towards your retirement goals
- Receive specific steps you could take to help improve your financial future

Attendees should gain an understanding of what it takes to have a solid financial foundation and practical strategies for achieving short and long-term goals.

Check the Employee Communication for the link to sign up for a session!

Note: Participation in these webinars requires your manager's consent. Time used for the webinars are not to be recorded as overtime/additional hours. If you are unable to participate in the webinars, please be assured the content will be uploaded to InSite the week following the provided dates.





Retirement Services



Prudential

6 Essential Tools for Estate Planning After Lockdown

COVID-19 has posed unprecedented challenges. During times like these, getting your finances in order can seem even more overwhelming, leaving you to wonder where to begin.

To address this challenge, you are invited to attend a live, virtual financial wellness seminar, **6 Essential Tools for Estate Planning After Lockdown**. This virtual seminar is designed to help you learn new behaviors and adopt healthy financial practices so no matter what your future holds, you can face it with confidence. The webinar will be available—Thursday, June 10, 3-4 p.m., and Monday, Jun 14, 10-11 a.m.

Attendees should gain an understanding of what it takes to have a solid financial foundation and practical strategies for achieving short and long-term goals.

Check the Employee Communication for the link to sign up for a session!

Note: Participation in these webinars requires your manager's consent. Time used for the webinars are not to be recorded as overtime/additional hours. If you are unable to participate in the webinars, please be assured the content will be uploaded to InSite the week following the provided dates.



Disability



Do You Know How to File a Claim for Short Term Disability Benefits?

- Contact 5-SICK (call or e-mail) once you **(A)** anticipate a need for short term disability (you expect being absent from work due to a personal injury or illness longer than the 40-hour waiting period, **(B)** before planning elective surgical procedures, and **(C)** prior to returning to work.
- Leave your User ID, name, telephone number where you can be reached, and the Disability Nurse Case Manager will return your call.
- To approve your disability case, the Disability Nurse Case Manager will need medical documentation that includes Diagnosis, Course of Treatment, and Work Status (your ability to work and a tentative return-to-work date). This information may be contained within Physician Assessment notes.
- Once short-term disability is approved, the appropriate disability timeclass will be activated in TACs and should be used to record disability.

What Are the Employee's Responsibilities While on Short Term Disability?

- Call your manager occasionally to let them know your return-to-work status.
- Notify 5-SICK of your illness when you anticipate being out of work longer than the 40-hour waiting period. **Do not expect your manager to do this for you.** Do not wait longer than 7 calendar days from the start of your illness/injury, as this will result in a non-payment of your claim. Leave a message on the dedicated 5-SICK phone line (803-725-7425), option #4, or via confidential e-mail (5sick@srs.gov).
- Maintain contact with 5-SICK. Call after each doctor's appointment with updates.
- Always call 5-SICK prior to returning to work because you will need an appointment scheduled with Site Medical, which the Disability Nurse Case Managers can setup for you.



Benefits Spotlight

You've Got a Coach in Your Corner... with BCBS



Ready to become a healthier you?

To learn more and download resources, log in to **My Health Toolkit**, select the **Wellness** tab, then click **Health Coaching**. To enroll, call the health coaching team at 855-838-5897.

What is a health coach?

Our team of nationally accredited health coaches includes registered nurses, health educators, respiratory therapists, certified diabetes educators, licensed behavioral health specialists and other health and well-being professionals. Wherever you are in your journey, we can connect you to the right coach. He or she will work with you to make positive, meaningful changes at your own pace.

Behavioral and chronic disease coaching

- ◆ Attention deficit hyperactivity disorder (ADHD), adults
- ◆ Asthma (adults and children)
- ◆ Bipolar disorder
- ◆ Heart disease
- ◆ Heart failure
- ◆ Chronic obstructive pulmonary disease (COPD)
- ◆ Depression
- ◆ Diabetes (adults and children)

- ◆ High blood pressure
- ◆ High cholesterol
- ◆ Metabolic health (metabolic syndrome and prediabetes)
- ◆ Migraine
- ◆ Recovery support for substance use disorder

Wellness and healthy lifestyle coaching

- ◆ Back care
- ◆ Maternity (pregnancy and postpartum care)
- ◆ Stress management
- ◆ Tobacco-free living
- ◆ Weight management (adults and children)

Connect with an app

The My Health PlannerSM app is free for eligible members! It helps you keep track of what you need to do between doctor visits, and stay in touch with your care team.



South Carolina